

**SUPER SPORTSTAR**

**LESSON #2**

In this lesson you'll be practicing soccer dribbling and keep-up skills, and hand-eye co-ordination with small balls

**You'll need:**

small balls x 4



8 cones/markers



soccer ball

**Warming up**

- Holding a ball in each hand:

- 1) Arm switching (l up, l down) [30s]
- 2) Butterfly arms [30s]

- Neck stretch (left right, up, down...) [30s]
- Leg out balancing [20s each leg]

- Step & kick (to opposite hand) [45s]

- Open & close the gates [60s]



- Ball push-ups [x20]



- Ball twists [x20]



**Main activities**

- Soccer ball weaving in & out of the circles of cones

- 1) Small touches [60s]
- 2) Rolling the ball [60s]

- Scoop ups [x12]
- Scoop up balance > catch [x10]
- Bounce > kick > catch [x15]
  - Bounce > kick > bounce > kick [90s]
- Drop > volley > catch [x20]
  - Kick > kick > kick... (continuous) [90s]



- Bounce & catch 2 balls at the same time [60s]

- Cross-over bounce & catch 2 balls at the same time [60s]

- Overarm throw at target [120s]



**Stretching & cool down**

- Side lunge holds [10s each side]
- V sit toe reaches [10s each leg]



Question - What is the **largest** muscle in your body?